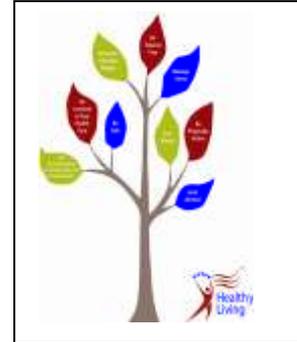


Are you “Sick and Tired” of being “Sick and Tired”?

Feel better

Be in control

Do the things you want to do



Register for the *Healthy Living Workshops*

Do you have a health condition such as diabetes, asthma, heart conditions, high blood pressure?

Do you want to take control of your health?

Free 2 hour workshops, once a week for 6 weeks

What You Can Learn

- Managing your symptoms
- Relaxation techniques
- Improve communications with your provider
- Tips for eating well
- Personalizing your fitness program



Put Life Back in Your Life!

Stop by the Health Education Resource Center to sign up.
Or call: 909-825-7084, ext 1661 or ext 2443

The six-class workshops are on:
Tuesday 3:00pm to 5:00pm or
Wednesday 3:00 pm to 5:00 pm

